

**Food ID:** C021**Food name and Description:** Kidney bean seed, red, dried, boiled**Scientific name:** *Phaseolus vulgaris***Alternate/Common name(s):** Abitsuwelas buto, pula, tuyo, nilaga**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	64.9
Energy, calculated (kcal)	138
Protein (g)	7.9
Total Fat (g)	0.9
Carbohydrate, total (g)	24.6
Ash, total (g)	1.7

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	7.9
Sugars, total (g)	0.3

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	81
Phosphorus, P (mg)	202
Iron, Fe (mg)	2.6
Sodium, Na (mg)	2

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.7
Niacin from tryptophan (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.13
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.5

Cholesterol (mg)

0